

# Pasta Salad

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

## Ingredients

- 100g pasta (any type)
- 1 carrot
- 100g cooked chicken, tuna or cheese
- ¼ lettuce
- 2 tomatoes
- ¼ cucumber
- 2 tbsp salad dressing



## Equipment

- Weighing scales, saucepan, chopping board, knife, vegetable peeler, grater, measuring spoons, tablespoon, colander, serving dish.



## Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Simmer for about 8 – 10 minutes (check the packet instructions).

2. While the pasta is cooking, prepare the other ingredients:

- Wash and shred the lettuce;

Check with an adult before using the cooker. Turn pasta down when it starts to boil.



Use bridge and claw grip and always watch what you are doing when using knives.

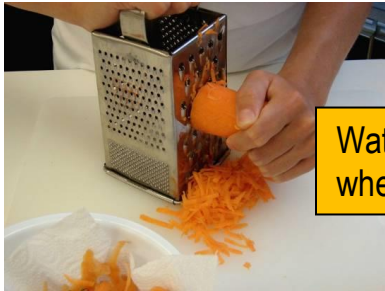
- Wash and slice the tomato;



- Wash and dice the cucumber into small chunks;



- peel and grate the carrot;



Watch fingers when grating

3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.



Use 2 hands to carry the hot pan to the sink

4. Place the pasta in the serving dish and stir in 1 tbsp of dressing.



5. Assemble the remaining ingredients over the pasta in layers.



6. Lastly, drizzle over the remaining dressing.



If you are not eating your salad straight away, store it in the fridge